



PRACTICAL WAYS TO BUILD EQ STARTING TODAY



Name Your Emotional Energy Daily

One of the simplest and most powerful EQ practices is emotional awareness.

At least once a day, pause and ask yourself: ***“What am I feeling right now?”***

Then name the emotion *honestly*: Frustrated. Excited. Anxious. Overwhelmed. Motivated. Disconnected.

The act of naming emotions helps you better understand your internal state instead of unconsciously reacting from it. Awareness is where emotional intelligence begins.



Practice Listening to Understand—Not Just to Respond

Most people listen while preparing their next answer. Emotionally intelligent leaders listen differently. They listen to reflect back understanding. That means:

- Asking thoughtful questions
- Paying attention to emotional cues
- Reflecting back what they heard
- Prioritizing connection before problem-solving

This type of listening builds trust quickly because people feel genuinely heard instead of managed. And in leadership, trust changes everything.



Replace Reactivity With Reflection

When something unexpected happens—a frustrating conversation, a difficult email, a stressful change initiative—it’s easy to react emotionally in the moment. But one of the most powerful EQ practices is learning to pause and ask: “What is this trying to teach me?”

That single question creates space between emotion and reaction. It shifts you from defensiveness into curiosity. And often, that pause is where growth, clarity, and better leadership decisions emerge. Sometimes you may need time before you can answer the question clearly. That’s okay. Emotional intelligence isn’t about suppressing emotions. It’s about processing them productively.

